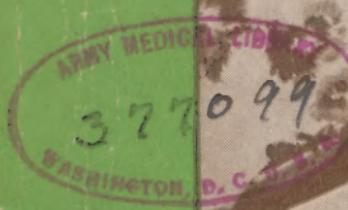
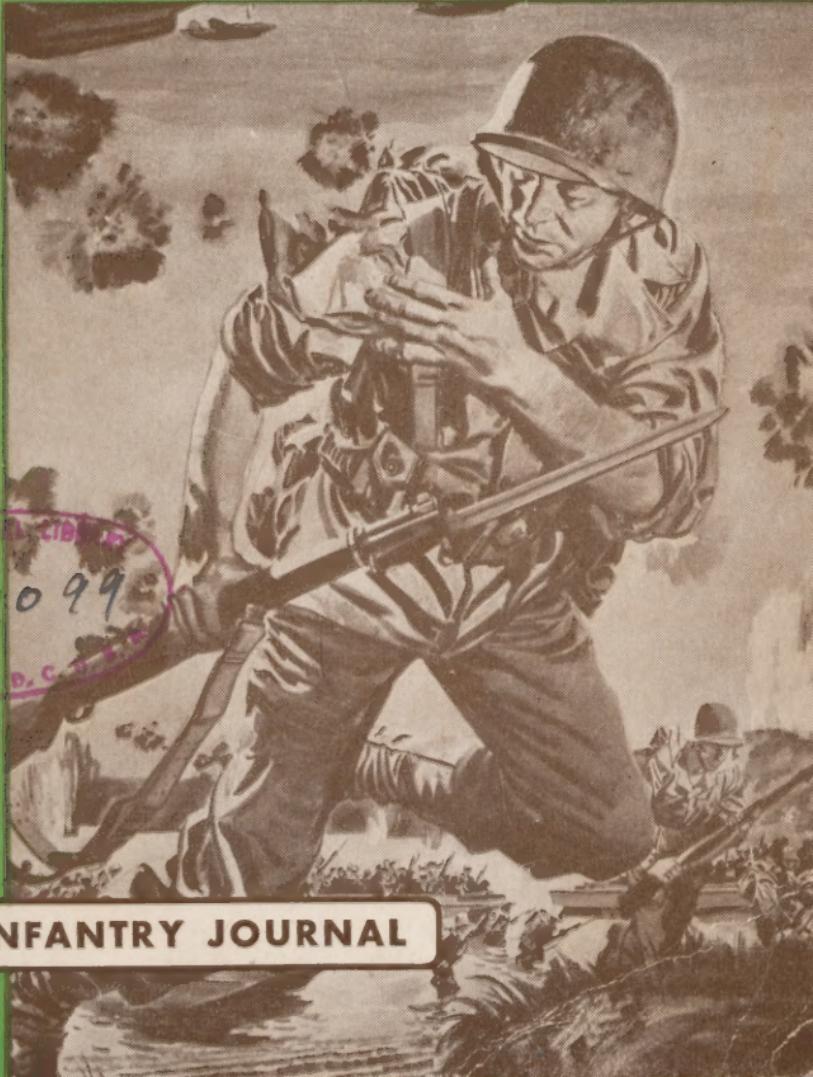


Combat

FIRST AID

HOW TO SAVE LIFE IN BATTLE



THE INFANTRY JOURNAL

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COMBAT FIRST AID

How To Save Life in Battle

COMBAT FIRST AID

*How to Save Life
in Battle*

WASHINGTON
THE INFANTRY JOURNAL

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THE EDITORS

The Infantry Journal

This book is complete and unabridged, and has been produced in full compliance with all government regulations for the conservation of paper, metal, and other essential materials.

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COMBAT FIRST AID

How To Save Life in Battle

THIS MIGHT BE YOU

A man is wounded and you are the only soldier on hand to help. The Medical Corps experts can't be right where every injury happens on the battlefield.

The next few minutes mean the difference between living or dying, or living without an arm or leg, and something has to be done—done quickly.

You've got to do it—for yourself or for the next man.

YOU, knowing what to do in those first minutes until the medical experts get there, are FIRST AID.

THIS MIGHT BE YOU



THE MEDICAL EXPERTS ARE RIGHT WITH YOU

Every fighting outfit has its own Medical officers. They are the experts. They are the doctors and the surgeons and they have spent most of their lives learning how to take care of sick and wounded. The wounds from peacetime automobile accidents are just as bad as any wounds of battle. Now, in war, these experts give the best they have.

The doctors (top left) do the big jobs with the best of medical equipment—they take X-rays—set bones—take out bullets—sew up wounds.

They've got assistants—Medical soldiers—and these men (top right) go right into the line with you—carrying their litters and medical supplies.

The medical experts and soldiers can't be every place at the same time. So the doctors have figured out a few things a man can do for *himself*, or for the next man, until help arrives. Here's a man (bottom left) who's doing something for himself. He's been wounded and he is fixing his own wound up. *First Aid* is often *Self Aid* —the treatment a man gives to *himself* on the battlefield.

Here is a man (bottom right) fixing up his wounded companion. That's First Aid too. First Aid is the help you give to yourself or to another man until the Medical soldiers arrive.

THE MEDICAL EXPERTS ARE RIGHT WITH YOU



**KNOW YOUR PART IN SAVING A LIFE
IT MIGHT BE YOUR OWN!**



YOU ARE A FIGHTER FIRST

There's one thing you've got to *Know—Remember—And Never Forget.*

You are a fighter first.

Your business in this war is to kill the other guy before he kills you. The only soft spot on a battlefield is the belly that a bullet or shrapnel hits.

If you have a job to do—do it—stop for nothing. Your own brother can drop to the ground next to you—your best friend—but you go on fighting. If you stop you'll be doing nobody a favor except the enemy. If you stop to give help, you become a stationary target for enemy fire, and you take away your own help from the others who are fighting hard.

You give First Aid when your main job is done or when you're out of the action. The Medical Corps men will surely get the wounded if you take care of the enemy.

YOU ARE A FIGHTER FIRST



SCIENCE IS WORKING FOR YOU

Even in the Civil War when medical science was very young, out of every 100 wounded men, 86 lived to tell the story to the folks back home. In World War I the odds improved till 91 out of every 100 wounded men came through.

In this war reports come back every day from the combat areas showing that new medicines and still better medical knowledge have saved even more lives.

They saved lives at Pearl Harbor.

They saved lives in Africa.

They saved lives in the Pacific. The odds are big that the wounded man will pull through.

SCIENCE IS WORKING FOR YOU



IF CLOTHES GET IN YOUR WAY CUT OR RIP 'EM OFF

Before you can treat a wound you must be able to see it.

If clothes get in your way, cut or rip 'em off.

If you've got a pocket knife, use it. Or, like this soldier, you can use a bayonet to start the tear—then rip the cloth with your hands.

Never drag the clothes across the wound. Clothes are full of germs.

TAKE A LOOK AT THE WOUND

When a bullet or a piece of shrapnel hits, it often does not stop but comes out on the other side. The place that it comes out is not always opposite the place it went in. The hole where it comes out may be bigger and more serious than the one where it went in. So if you find one wound, remember, there may often be another wound some place else made by the same missile or by a different one.

**IF CLOTHES GET IN YOUR WAY
CUT OR RIP 'EM OFF**



TAKE A LOOK AT THE WOUND

YOUR FIRST AID POUCH HOLDS 3 THINGS

Your First Aid pouch (top left) hangs from your cartridge belt, usually over your left hip. In it you carry a small paper package of pills and a larger box.

We'll put the paper package aside for a minute—it holds the wound pills.

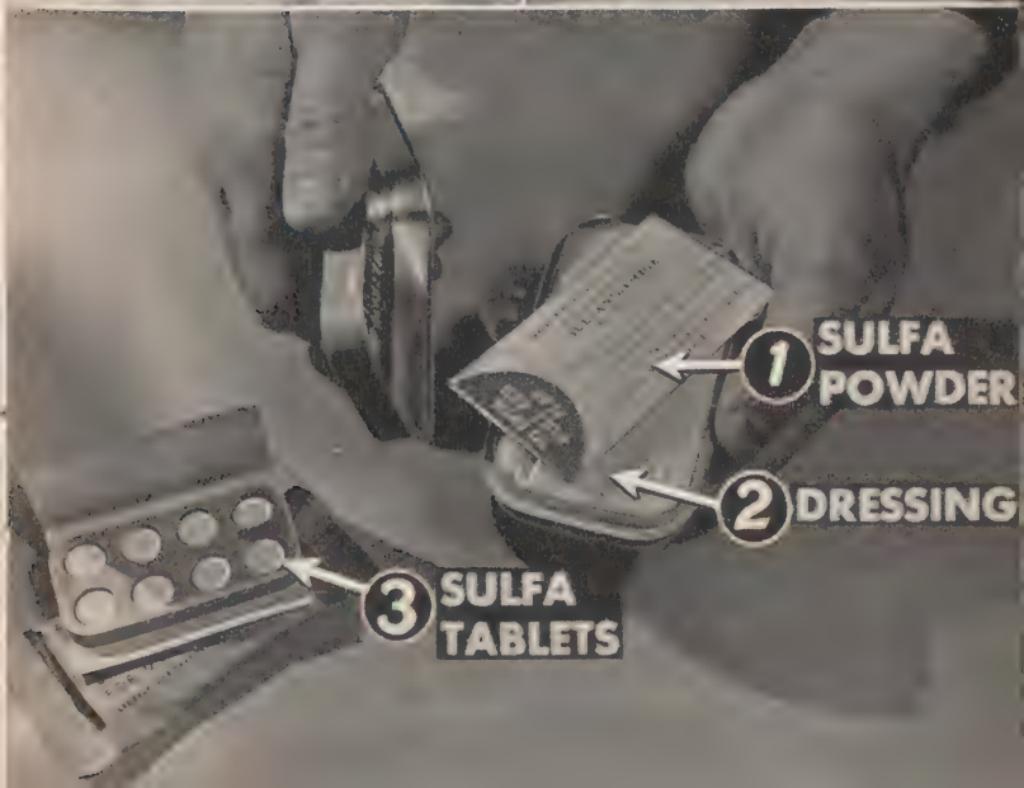
We'll look at the box first (top right). This box is usually metal and here's how you open it. You take hold of the little tab at one end and pull it away from the box, so that you pull the metal ribbon off the box. Then you pull the two halves of the box apart.

In the box you will find (bottom) a flat paper envelope of wound powder, and a clean bandage wrapped in paper.

These are the three things you have to work with :

1. The wound powder (sulfa powder).
2. The bandage (dressing).
3. The wound tablets (sulfa tablets).

YOUR FIRST AID POUCH HOLDS 3 THINGS



HERE'S HOW YOU USE THE WOUND POWDER

The wound powder comes in a flat white envelope with a special top. It works exactly like a salt shaker and is used in the same way.

You lift up the red flag and shake the powder into the wound. Don't be afraid of it—it doesn't sting or burn. It kills the germs in the wound.

In the bottom picture a man is using it—he's got the wound exposed and he is sprinkling the powder into it.

Remember—you don't just dump the powder into the wound. You *sprinkle* it so it doesn't lump up.

HERE'S HOW YOU USE THE WOUND POWDER



HERE'S HOW YOU WORK THE BANDAGE

The first thing to know is that you never take the bandage out or touch it until you are ready to use it—the reason for this is to avoid germs and infection.

The bandage (top left) comes wrapped in paper. When you tear off the paper you will see that the bandage has two folded ends. Take one end in each hand without touching any other part of the bandage.

Pull it open. In the middle of the bandage (top right) is a soft thick part. Never touch this part with your hands.

On one side of this thicker part you will see some writing that says "Put other side next to wound." Never touch the side that goes next to the wound and never let it touch your clothing or the ground.

Do just what it says, put that clean side on the wound.

Now you wrap the bandage around the leg (bottom left)—or arm or head—or whatever part of the body is wounded, and then just tie the ends together.

This bandage keeps dirt and germs (bottom right) from getting into the wound.

HERE'S HOW YOU WORK THE BANDAGE



YOU TAKE THESE PILLS WITH PLENTY OF WATER

The last step in the protection of the wound is the taking of the wound pills (top left). They are one of the wonderful discoveries of medical science. The wound powder protects the wound from the outside. The pills protect the wound from the *inside*. They come in packages of eight or twelve.

You swallow them—all of them—one right after the other (top right).

You take water with the pills to get them down (bottom left).

The water carries the medicine in the pills right through the body to the wound (bottom right) no matter where the wound is.

But you don't take these pills unless you *have* plenty of water to drink.

Always remember—*wound pills need lots of water*.

If you haven't any water, or only a little, wait till someone brings you more before you take the wound pills. Then be sure to take them—with plenty of water.

YOU TAKE THESE PILLS WITH PLENTY OF WATER



THE 3 LIFE SAVERS

The saving of life depends on doing 3 things quickly.
The 3 life savers.

You should memorize the 3 life savers so well they come to you automatically when you need First Aid—for yourself or someone else.

First—Stop the bleeding.

Second—Protect the wound.

Third—Prevent shock.

These are the three things to do—*stop the bleeding, protect the wound, prevent shock*—when it is necessary to give First Aid to yourself or your buddy.

This whole book shows how to apply these three steps—stop the bleeding, protect the wound, prevent shock—to different kinds of battle injuries.

THE 3 LIFE SAVERS



1. STOP
BLEEDING



2. PROTECT
WOUNDS



3. PREVENT
SHOCK

THE FIRST STEP . . . TO STOP BLEEDING PRESS ON THE WOUND

The first thing you do for any man who is wounded (top left) is to stop the bleeding. That goes for any wound you can get.

How? You try pressure (top right). Take your bandage, open it, and put it right over the wound. Press on it with your hand.

If it is a big wound, use two bandages and two hands.

Press hard enough to stop the bleeding. Make the pressure even and steady. Don't expect the bleeding to stop as soon as you start pressing. It may stop while you hold the pressure and may start up again the minute you ease up.

So keep the pressure up, even and steady, until you are sure the bleeding is stopped. Or until you are sure it is not going to stop.

When the bleeding is about stopped (bottom left), wrap the bandage around the wounded part and tie the ends.

If the wound is a large one (bottom right), you may not have enough bandage to completely cover it. Put on whatever bandages you have, then grab a shirt or cloth and place it on top of the bandage. Spread your hands as much as possible and thus spread pressure over the entire wound.

**THE FIRST STEP.. TO STOP BLEEDING
PRESS ON THE WOUND**



RAISING AN ARM HELPS STOP BLEEDING

Here we have two pictures. The upper one shows a man raising his arm as he presses the bandage against the wound. He is raising his arm in order to help stop the bleeding.

In the same manner in the lower picture, a leg is being raised to help stop bleeding.

If you lift an arm or leg that is wounded and bleeding, the blood won't flow into the arm or leg so fast. Of course there will always be some blood that makes its way *up*, so you still use the bandage and pressure.

The only time you don't lift the bleeding arm or leg is when you know or think a bone is broken. If you think there is a bone broken, use only the bandage and pressure to stop the bleeding. The reason for this is because handling a broken bone is both dangerous and painful. It can make the wound worse.

RAISING A LEG HELPS STOP BLEEDING

RAISING AN ARM HELPS STOP BLEEDING



RAISING A LEG HELPS STOP BLEEDING



IF NOTHING ELSE WORKS, USE A TOURNIQUET TO STOP BLEEDING

An HE shell has just exploded and when you look around the man next to you is lying on the ground. If you are not fighting and can help him, it may not take you long to find out that he has a wound. In the picture opposite the wound is in the arm, because you can see blood spurting out of it. First, you try pressure to stop the bleeding but you may see right away that this isn't going to work—the blood is coming out too fast.

So what are you going to do?

Apply a *tourniquet*. A tourniquet is nothing but Medical talk for twisting a band or belt so tightly around an arm or leg that it shuts off the blood supply. Now let's see how this man puts on an arm tourniquet.

First, he ties some kind of band loosely around the arm, high up near the armpit (top left). *No matter where a wound is in the arm, you put the tourniquet high up—near the armpit.*

Next, he takes a stick, bayonet, scabbard, or any kind of rod and shoves it under the band (top right).

Then, he twists that rod around in circles so that the band tightens with each turn (bottom left). *He makes sure that no skin is caught.* Keep on turning slowly until the bleeding just stops—but don't let the band cut into the man's flesh.

Now the bleeding is stopped (bottom right). The end of the scabbard or rod is tied down to keep it from unwinding. When you do this you've got to remember that you are going to loosen it again in 20 minutes, and every 20 minutes. So don't tie it too tight. *You must loosen it for a few seconds every 20 minutes to let some fresh blood back into the arm or leg.* Every part of the body must have some fresh blood at least every 20 minutes or it dies, and a leg or arm would have to be cut off.

**IF NOTHING ELSE WORKS
USE A TOURNIQUET TO STOP BLEEDING**



YOU MAKE A LEG TOURNIQUET THIS WAY

Tourniquets are used for wounds on arms or legs only.

The leg tourniquet is just like the arm tourniquet, you use it under the same conditions—when the bleeding is so heavy you can't stop it any other way.

You tie a band around the leg above the wound (top left). Remember, there is just one place for a leg tourniquet, and that is at the top of the leg close to the crotch. This man is using a belt which is about as good as anything you can get for a tourniquet.

Slip a stick or rod under the band or belt (top right).

Turn the stick or rod in circles so that the band or belt tightens with each turn (bottom left). Again watch out that no skin gets caught.

Keep on turning until it is just tight enough to stop the bleeding.

Tie the stick or rod down to keep it from unwinding. *You must leave it uncovered* (bottom right) so that the next man to help can see it and loosen it, or so the wounded man himself can loosen it—at least every 20 minutes.

**YOU MAKE A LEG TOURNIQUET
THIS WAY**



YOU CAN USE A LOT OF THINGS TO MAKE A TOURNIQUET

You can use a lot of things to make a tourniquet.

The best and handiest thing you can use is a plain ordinary belt. But if you are stuck, you can use the straps from a gas-mask carrier, a couple of handkerchiefs tied together, a folded piece of cloth, a strip cut from clothing.

For the rod part, use a stick, a bayonet scabbard, or even a bayonet itself.

YOU CAN USE A LOT OF THINGS TO MAKE A TOURNIQUET

BELT



STRAPS

FROM PACK OR
GAS MASK CARRIER



HANDKERCHIEFS
KNOTTED TOGETHER



CLOTHING

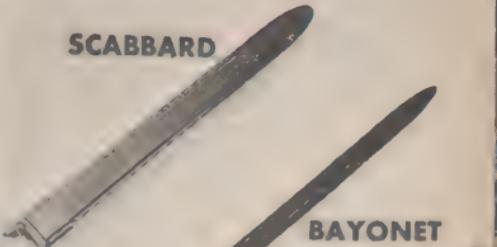
CUT INTO
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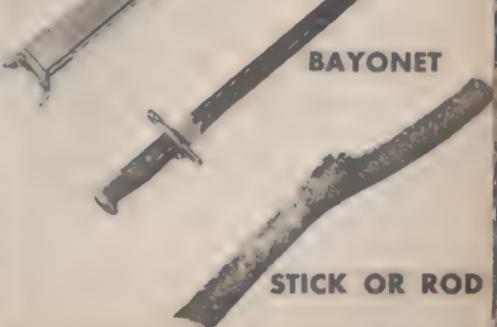
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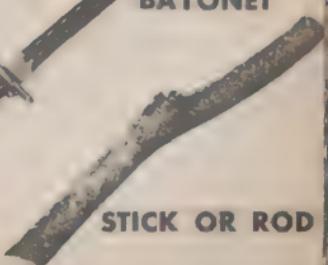
SCABBARD



BAYONET



STICK OR ROD



LOOSEN A TOURNIQUET EVERY 20 MINUTES

A tourniquet is very dangerous unless carefully used. Loosening the tourniquet every 20 minutes lets blood flow back into the arm or leg.

Watch carefully and if the wound starts to bleed again, tighten the tourniquet. If you are sure the bleeding has stopped for good, you can leave the tourniquet loose.

If you have to leave a wounded man with a tourniquet and he is conscious remind him to be sure and get someone to loosen it every 20 minutes—or loosen it himself if he can. Don't tie it down so tight that he can't loosen it easily.

NEVER COVER A TOURNIQUET

Never let a tourniquet get covered. You will probably cover that wounded man with a blanket or coat to keep him warm. When you do that, take extra care to see that nothing hides the tourniquet. You let it stick out for the next man to see if you are not there.

This soldier without an arm in the bottom picture is an example of what happens when a tourniquet is left tightened too long.

Don't use a tourniquet unless you have to, and then use it with care.

**LOOSEN A TOURNIQUET
EVERY 20 MINUTES**



TIGHTEN IT UP AGAIN IF BLEEDING STARTS



NEVER COVER A TOURNIQUET

YOU KNOW THESE STEPS

Let's check back a bit. You remember the three life-saving steps:

1. Stop the bleeding.
2. Protect the wound.
3. Prevent shock.

We have just spent some time going into No. 1—Stop the bleeding.

In the first picture (top left) that is what the soldier is doing. He is stopping the bleeding by pressing the bandage against the wound. If it doesn't stop bleeding he will put on a tourniquet.

The next life-saving step is to protect the wound. You will remember that back a few pages you learned how to use the First Aid packet. But let's go over it again. First, you sprinkle wound powder into the wound. Notice the soldier in this picture (top right) is sprinkling it—just like you sprinkle salt from a salt shaker. He is not dumping it into the wound.

In the next picture (bottom left) he is putting on the bandage, taking care that nothing touches the part of the bandage that is going next to the wound.

Finally he takes the wound pills—with plenty of water (bottom right). Remember how to take these pills: Swallow them one after the other with plenty of water. The medicine reaches the wound from the inside and kills the germs. The wound tablets do the same job as the wound powder.

Now you know two of the three life-saving steps. You know how to stop the bleeding. You know how to protect the wound. The third life-saver is to prevent "shock." Let's go on to that.

YOU KNOW THESE STEPS



THIS IS SHOCK

You have seen the word "shock" several times before in this book and here it is. It is hard to describe because there are different kinds of shock. When shock is very severe, the wounded soldier may pass out cold and turn as white as a sheet, look like a corpse, and become wet with sweat. If he is conscious or awake, he will look the same way. He may act as if he is punch-drunk or scared. In a mild form, shock appears as nervousness or trembling.

Shock is liable to follow any injury. Sometimes it comes right away and sometimes half an hour later.

In the treatment of shock, you must work on the idea that "an ounce of prevention is worth a pound of cure." *You treat every man for shock before he has a chance to get it.* No matter where the wound is, even if the man looks OK and tells you that he feels all right—don't believe him.

If he has been wounded, treat him for shock. Take no chances.

THIS IS SHOCK



TO PREVENT SHOCK

First of all, make the soldier comfortable (top left). Take off his pack or anything he is carrying. Loosen his belt, his clothes, everything that might be tight.

If he is lying in a doubled-up position, make sure no bones are broken and then straighten him out gently. Be sure he isn't lying on a rock or broken tree limb or anything that might be uncomfortable.

Keep his head down low (top right). In most cases this will mean having him lie flat. If the ground slants, gently turn him so that his feet are uphill and his head downhill.

Keep the wounded man warm (bottom left). If you have a couple of blankets to cover him with, use them. If you haven't any blankets, use a coat or blouse or anything else that will keep him warm. It is a good idea to put something under him as well as over him, as the ground can really get cold.

And finally, if the man is unconscious, turn him face down (bottom right) with his head on one arm so that he will not choke if he should vomit.

Go over the four steps to prevent shock again. Here they are:

1. Make the man comfortable.
2. Place him in a position with his head lower than his feet and body.
3. Be sure he is warm.
4. If he is unconscious, place him with his face down, just in case he should vomit.

TO PREVENT SHOCK



MAKE COMFORTABLE



KEEP HEAD LOW



KEEP WARM



IF UNCONSCIOUS, FACE DOWN

YOU MUST REMEMBER THESE 3 THINGS

By now you have covered the three life savers, and you should know them well. They are . . .

1. STOP BLEEDING. *You press on the wound* and you lift it while you press on it (if it is an arm or leg and if you are sure it is not broken). If these things don't work, or if the bleeding is too bad to begin with, you put on a tourniquet. And remember: *Never cover a tourniquet—and always loosen a tourniquet for a few seconds every 20 minutes.* That's all there is to stopping the bleeding.

2. PROTECT WOUNDS. You know how to do this—just use the things you've got in your First Aid kit. Sprinkle wound powder on the wound and put on the bandage. And when you do this, be careful not to touch the part that goes next to the wound. Have him take all the tablets and drink lots of water with them. The only time you don't take the tablets is when you don't have plenty of water.

3. PREVENT SHOCK. Make the man comfortable, remove his pack, loosen his clothing. Keep him lying down with his head low. Cover him with a blanket, coat, or anything you have to keep him warm.

These three life-saving rules apply to the treatment of all wounds. In addition to this, there are some wounds that need a little extra care, and these will be covered later.

YOU MUST REMEMBER THESE 3 THINGS



1. STOP
BLEEDING



2. PROTECT
WOUNDS



3. PREVENT
SHOCK

CHEST WOUNDS ... COVER UP AIR-TIGHT

In chest wounds the real danger is that the bullet or shell fragment has gone into the body leaving a hole. When the wounded soldier breathes the air may go in and out this hole (top left) instead of through his lungs. This will be indicated by the sucking sound made by the air as it rushes through the wound hole.

When there is a hole in a man's chest the big idea is to cover it and make it air-tight as quick as you can. The wound isn't the most dangerous part of this type of casualty—it's the air that comes through the hole and prevents proper breathing.

Quickly sprinkle the wound powder on the wound (top right).

Press the bandage over the hole (bottom left). If it is small, this may be enough to stop the escape of air. If the hole is large or the air keeps coming out, rip a piece of raincoat or cloth and put it over the bandage.

Bind the entire wound, covering it securely (bottom right). Remember the idea is to stop air from flowing back and forth through the wound.

In dealing with chest wounds, you can let a man sit propped up against a building or a tree or his pack. Or he may lie down—whichever position is most comfortable for him.

One last caution—make sure that the wound you are treating is the only one. If there are other sucking wounds they must all be treated just like this one.

CHEST WOUNDS • COVER UP AIR-TIGHT



SPRINKLE AND COVER ANY WOUND IN THE BELLY

A belly wound may be only a surface wound (top left). On the other hand, the bullet or piece of shrapnel may have penetrated into the belly with damage to the insides. You can't tell by just looking at it. That's the Medical officer's job later.

The treatment for this type of wound is the same as for other wounds.

First, sprinkle the wound powder on the wound (top right).

Place a clean bandage on it—fasten in place (bottom left). One more thing—do not try to replace any part of the gut that sticks out of the wound.

There is one more important difference in the treatment of belly wounds.

Don't take food, wound tablets, or water if you are wounded in the belly.

And don't give food, wound tablets, or water to a comrade wounded in the belly.

The bullet or shrapnel may have damaged the gut and as shown in the diagram (bottom right) any food or water taken may flow out through the gut wound into the body. However, a man's lips or mouth may be moistened with a little water without danger.

**SPRINKLE AND COVER
ANY WOUND IN THE BELLY**



FOR A JAW WOUND

This soldier has been shot in the jaw (top left). To begin with, you would treat this wound just like any other kind. Stop the bleeding with pressure and sprinkle with wound powder. Give the man wound tablets if he can swallow them.

Protect the wound by binding it with a clean bandage (top right). You tie it like you would for a toothache, for two reasons: First, it is easy; second, it acts as a support for the jaw, especially if the jaw is broken. It should be tight enough to support the jaw and loose enough to sip water.

Protect the man from shock by making him comfortable and keeping him warm (bottom). The wounded man should be placed in a position to prevent choking on blood. If he is not badly hurt he may sit up with his head held forward. If he is weak, and seriously hurt, place him face down so that the blood will go out of his mouth instead of down his throat.

FOR A JAW WOUND



THIS IS A BROKEN BONE

You can get a broken bone as a civilian and you can get it as a soldier and from the same causes—as the result of a fall or being run over. However, the kind of broken bone you're liable to get as a soldier is the one that comes when a bone has been smashed and broken by a bullet or piece of shrapnel, as is shown in the bottom picture.

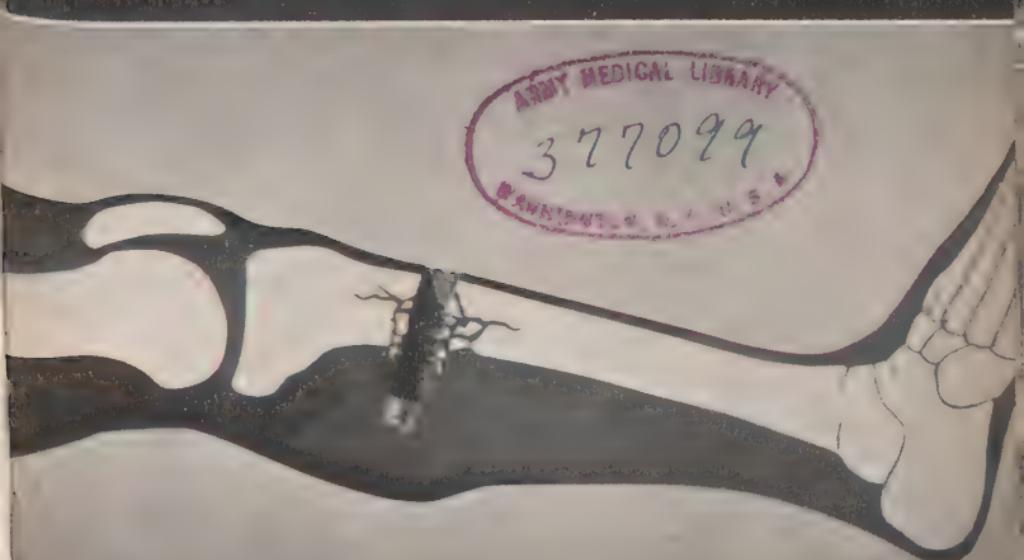
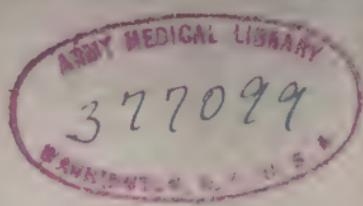
If there is a wound from the outside and the bone is broken, treat the wound by sprinkling the wound powder into the wound and applying a bandage.

The cracked ends of the bone are razor-sharp and can cut through skin, blood vessels, or nerves, if they are pushed around at all. So once you think a man has a broken leg—don't move him unless you have to.

THIS IS A BROKEN BONE



**THIS IS A WOUND
AND A BROKEN BONE**



**TREAT THE WOUND FIRST
THEN TREAT THE BREAK**

EXTREME PAIN CAN MEAN A BROKEN BONE

How can you tell whether a bone is broken?

Extreme pain is a sign of a broken bone. The odds are big that a broken bone will hurt even if you don't touch the break, and if you touch it or move it, it will hurt much more. Of course, if the bone is cracked and sticking up, or if you see a man with an arm or leg twisted out of shape, you can be sure the bone is broken.

When you are in doubt about whether a bone is broken or not—give the wounded man the benefit of the doubt and treat it as a broken bone.

**EXTREME PAIN
CAN MEAN A BROKEN BONE**



GO EASY!

2 THINGS TO DO FOR A BROKEN LEG

First, let the man pretty much alone, except to take care of any open wound. You treat an open wound here just like any other wound . . . stop the bleeding, sprinkle on the powder, put on the bandage, give the man the pills with plenty of water.

For the break itself, look at the top picture. The leg has been fixed so that it won't move around. Don't push or pull or twist or move a broken leg unless you absolutely have to.

To prevent shock and keep the soldier warm, make him as comfortable as possible. Leave a container of water within easy reach. And last, mark the spot with a rifle so that he will be seen by a Medical soldier.

If the man has a broken leg but *has* to be moved because he's lying in a road over which tanks and trucks are moving or exposed to enemy strafing, you get him by the shoulders and pull him in a straight line. Never roll him or move him sideways. Any movement will hurt but you may have to move him to prevent further injury.

If there's more time—you can do more for him before you move him. You move the good leg to the broken leg and tie them together. Tie them in a couple of places—below and above the break. Look at the bottom picture—you can see how it's done and what the soldier has used to do the tying. A cartridge belt will do, an ordinary belt is good, strips ripped from clothing or handkerchiefs will all serve the purpose. When you tie the legs together you can leave them side by side as shown in the picture or you can cross one over the top of the other and then tie them. Just remember—don't move a man with a broken leg unless you have to, and if you have to, tie the legs together.

2 THINGS TO DO FOR A BROKEN LEG



USE SHIRT, JACKET OR BELT TO HOLD A BROKEN ARM

For a broken arm, a plain ordinary shirt like you see in the top left picture is the handiest and quickest thing to use. Pull it up, button a bottom loop to a top button or a bottom button to a top loop, and you've got a sling.

The same goes for a field jacket or anything else that has buttons and loops (top right).

If, for some reason, you don't want to use the button-over sling, or you haven't even got the time to rig it, you can make a sling by slipping your arm in between the folds of the shirt and resting it on a button. If you're wearing a field jacket, just slip it in the side pocket. Any place will do as long as the arm has support.

And if things aren't too hot—you can give a broken arm an excellent brace by tying it to the chest with a cartridge belt (bottom left). That gives double insurance your arm isn't going to flop around. You work it together with a sling and that's the quickest and safest treatment to give a broken arm under battle conditions.

A waist belt wrapped around the neck like a halter will hold an arm very well (bottom right).

**USE SHIRT, JACKET OR BELT
TO HOLD A BROKEN ARM**



FOR BURNS

Plenty of people get burned in civilian life and an Army burn is no different. And both kinds are painful because of air coming in contact with the raw burn. The treatment, therefore, is to cover the burn so air doesn't get to it.

If it's a small burn you can cover it with the bandage from your First Aid packet (top left).

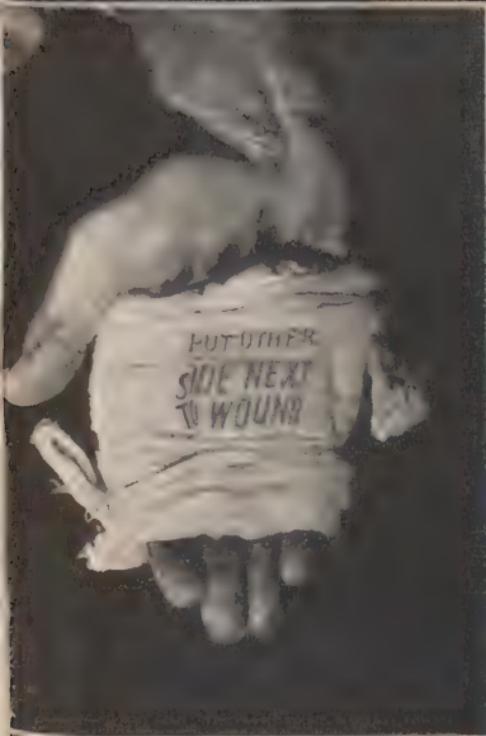
If it's a large burn you can place a shirt or a field jacket over it (top right). It isn't perfect—but it's better than nothing, as long as that burn is covered. If a man has clothes on and he's burned, don't yank them off. If there are blisters, don't fool with them or try to break them.

The best thing you can do is keep your hands away from the burn.

After you've covered him to protect the burn and prevent shock, your next step is to give him the wound pills and plenty of water (bottom left). But remember, *no water—no pills*. The wound pills work the same way with a burn as they do with a bullet or shrapnel wound, the medicine gets to the burn and cleans it from the inside.

When a man's been burned, the water in his blood rushes to the wound. This thickens the blood—therefore large amounts of water must be drunk to replace that lost by the burn (bottom right).

FOR BURNS



IF YOU CAN GET A MOTOR VEHICLE KIT . . . USE IT

Every armored motor vehicle has a First Aid kit. Also, one motor truck in every four has such a kit. For burns these motor vehicle kits carry a special burn ointment and plenty of bandages for you to use.

First expose the burn (top left). Cut around any pieces of clothing that stick. Then spread the ointment on the burned part.

There'll be plenty of bandages in the kit. Put them right on over the ointment (top right). Do it gently. Let the bandages stay on loosely. Then treat for shock.

Keep a man warm. Keep his head down and give him wound pills, with lots of water (bottom left).

Continue to give him water (bottom right).

IF YOU CAN GET A MOTOR VEHICLE KIT

USE IT



IF A MAN IS KNOCKED OUT BY THE HEAT

Get him into the shade and remove his equipment and heavy clothing (top left).

Cool him by applying a cold wet cloth to his head and face (top right). Sprinkle large amounts of water over his body. Fan him continuously.

If he is conscious—or when consciousness returns—give him cool salt water. This is made by dissolving two GI salt tablets in a canteen full of water—or by dissolving a quarter of a teaspoonful of table salt in a canteen of water (bottom left).

Give him plenty of water and if his skin gets dry, repeat the cooling with water and fanning (bottom right).

Warning signs of heat exhaustion are:

Headache

Dizziness

Red or purple spots before the eyes

Shortness of breath.

Occasional vomiting

Cramps in stomach and muscles

Sense of weakness

**IF A MAN IS
KNOCKED-OUT BY THE HEAT**



ARTIFICIAL RESPIRATION

When a man drowns he first stops breathing. If he is gotten out of the water quickly, his life can sometimes be saved by *artificial respiration*. The purpose of artificial respiration is to start the breathing again.

Get him out of the water and lay him face down.

Stand over him, grab him around the middle and lift him up to let some of the water run out of his mouth.

Lower him to the ground again, flat on his belly. Turn his head to one side on his arm, clear his mouth and throat of false teeth, thick spit, dirt, or anything else there is in it, and then pull his tongue forward.

Put his feet together and straddle him in the position shown in the top picture. Place both of your hands on the small of his back with your *little fingers* on his lowest ribs and as far to the sides as possible without slipping off. Your fingers should point to the ground, your thumbs should point to his head—as shown here.

With arms held straight, swing forward slowly on your hands, keeping your hands in place, so that the weight of your body gradually bears upon the man. This should take about two seconds—just about long enough to slowly say “NOW I PUSH THE BAD AIR OUT.” Do not bend your elbows when you put your weight on your hands.

Now immediately swing backward so as to remove all pressure completely. But leave your hands in place.

Leave the pressure removed for about two seconds, or just long enough to slowly say “NOW I LET THE GOOD AIR IN” (bottom picture). Then again press forward. This process should be repeated about 12 to 15 times per minute, saying to yourself as you do it, “NOW I PUSH THE BAD AIR OUT”—“NOW I LET THE GOOD AIR IN.”

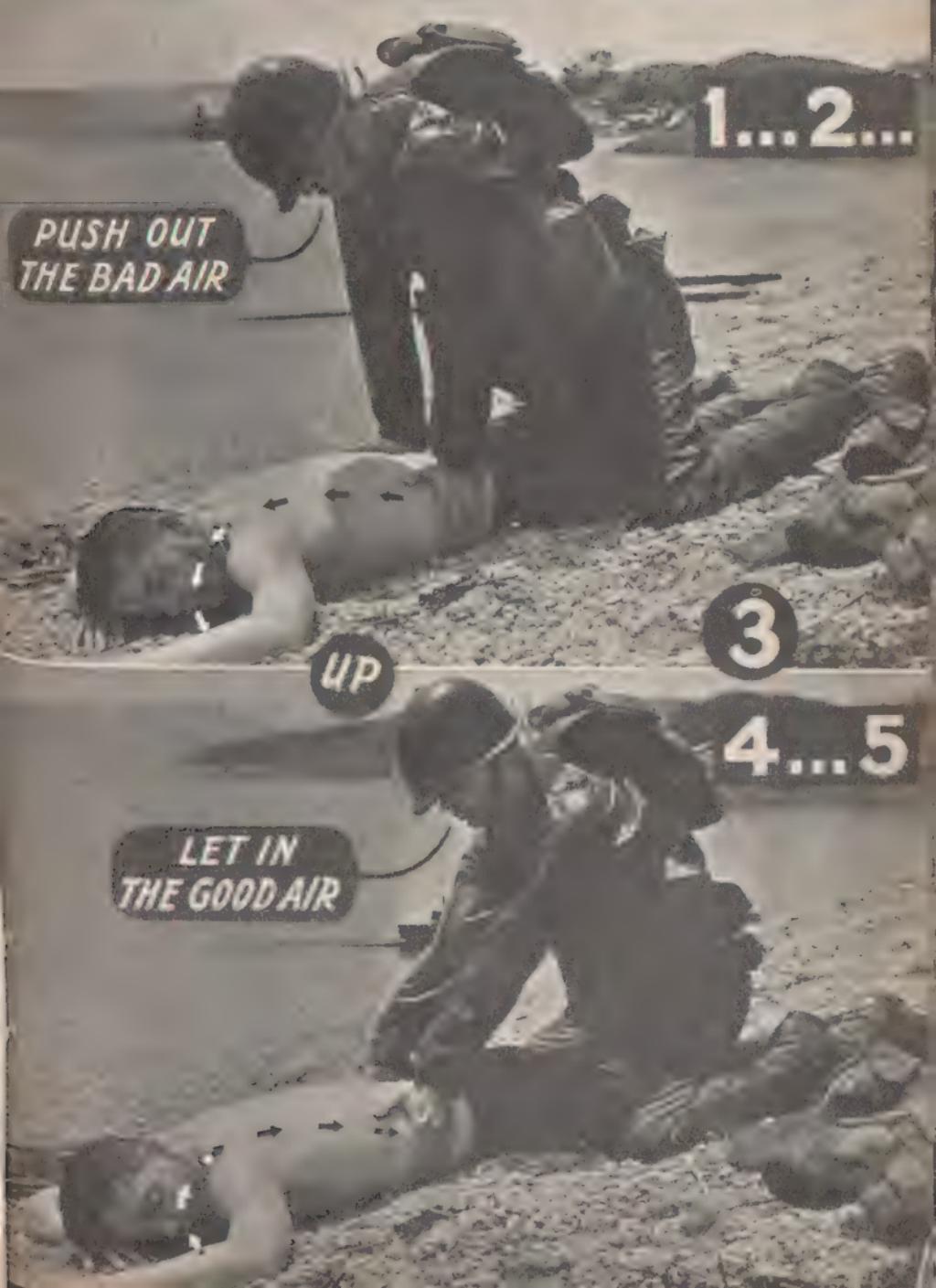
Do not give up hope of starting breathing *for at least two hours*. It sometimes takes a long time to bring a man to.

If your man comes to, wrap him in a blanket and keep him lying down. Then give him hot drinks.

Artificial respiration is also used to return breathing to a man who has been knocked out by lightning or contact with a live electric wire.

ARTIFICIAL RESPIRATION

"BY THE NUMBERS"



PUSH OUT
THE BAD AIR

1...2...

3

LET IN
THE GOOD AIR

4...5

HE LIVES OR DIES . . . IT DEPENDS ON YOU

If you could stay with a wounded man you've treated until the Medical men reach him—we wouldn't need this lesson here. The chances are that when you give a man First Aid—you'll have to work on him fast and move on.

Look at the top picture. It shows a soldier who has been given First Aid. He's been treated, and made warm and comfortable to prevent shock, and has been left so that the First Aid men can find him. He's in the shade, the rocks around him protect him from snipers, and his position has been marked by a planted rifle. If there's a Medical litter man in sight he'll spot the rifle and get to that man. This picture shows an excellent set-up and the chances are you're not going to find a spot like it. But it does give you ideas that can be used for any wounded man.

If a man is lying in a road, it only takes a few seconds to move him to the side of the road (bottom left). You never can tell what'll happen when you're gone—one minute it's a deserted road, next minute it's full of tanks, trucks, and half-tracks moving up.

The same goes for a soldier in a spot that's hard to find. Move him where he can be found by Medical soldiers and where he is protected from enemy fire. Mark the spot with his rifle (bottom right).

The only time you move a wounded man in this way is when there's something wrong with the spot he's in.

HE LIVES OR DIES . . . IT DEPENDS ON YOU



HERE IS A BATTLE SITUATION

You're the soldier in the back with the tommy gun. You've just knocked off the German that got your pal in the belly a minute ago. You're on a mopping-up mission and everything is quiet now. The Nazi you've taken care of is not going to do any more fighting.

The first thing you do is to carry or drag the wounded man into the nearest cover where you'll be protected from enemy fire. Take no chances, even if everything looks clear.

HERE IS A BATTLE SITUATION



A BELLY WOUND

You have him under cover behind a brick wall (top left). Take off his pack and other equipment and rip off his clothes. He has a bad wound in the belly, so leave him on his back because that's where he should be with a belly wound.

There is only one treatment—sprinkle wound powder on the wound (top right) and cover it with a bandage. Use the wounded man's bandage, not your own (middle left). You may need your own yourself. Remember, be gentle.

You haven't done anything about the bleeding, because belly wounds usually don't bleed much—at least they don't bleed much on the outside. And there is nothing *you* can do for the inside bleeding. You can't press much on the man's belly—because you don't know what might be damaged inside. You have to be gentle with a belly wound. The bandage will take care of most of the bleeding.

If part of his gut is sticking out, let it alone. Never try to put back any part of a gut that is sticking out of any wound.

If he wants water, don't give it to him (middle right). Never give a man with a belly wound water or food, not even wound tablets. Nothing goes into his mouth although you can moisten his mouth but don't let him swallow.

OK, you've treated him. You have the bandage on, when suddenly you hear a couple of shots. The town that you thought was cleared out still holds a sniper's nest. You have to get back into action. The last thing you do for the wounded soldier is to treat him for shock. A man with a belly wound goes into shock easily, so you lay him down with his head low. Cover him up to keep him warm, and put his gun up for a marker so that the Medical litter bearers will find him. It only takes a second to do this before you go back into action (bottom left).

And here come the Medical soldiers (bottom right). You ran into them down the street of the town and you told them, "There's a man back there with a belly wound, near that wrecked building. Better get to him in a hurry." You told them that because you know that a man with a belly wound needs Medical attention as soon as possible.

A BELLY WOUND



REMEMBER, YOU ARE A FIGHTER FIRST!

The big boy has just stopped a bullet with his leg and it has broken the bone. From the look on his face, he looks more surprised and mad than anything else. But we'll forget him for a moment, let's look in back of him. At the men in action and more particularly, the nearest soldier.

The most important thing about that man is that he has a job to do and he isn't stopping for anything, not even for the soldier with the broken leg. He bunked with him, went out on dates with him, and he has seen him fall.

But he knows he *can't* stop—that if he does, he's endangering not only the mission, but his own life and the other men fighting with him. He can't stop for anything and he knows it.

The next page shows you what this wounded man did for himself.

REMEMBER, YOU ARE A FIGHTER FIRST!



SELF TREATMENT FOR LEG WOUND

Here we have what the man actually does. The others have gone on and he is now alone (top left). It's a scary feeling if he lets his nerves go. But this soldier doesn't get too scared. He knows he's been hit and he's got to make the best of it. He's going to work on himself.

He tries to stop the bleeding. He tries pressure with his bandage, but it doesn't work (top right).

Since he can't lift his leg to put it higher up and he's bleeding badly, he tries a tourniquet (middle left). Notice that he does the following things:

1. He uses his belt and his bayonet scabbard.
2. He uses his trouser as a protection for his skin.
3. He leaves the bandage on his leg, he doesn't take it off.

The blood has stopped and he lifts the bandage and sprinkles wound powder into the wound (middle right). He doesn't touch the side of the bandage that goes next to the wound.

He takes wound pills—*with plenty of water* (bottom left).

He plays smart (bottom right) :

1. He lies down, makes himself comfortable and covers himself with a raincoat, to prevent shock.
2. He ties his tourniquet down to keep it from unwinding. That tourniquet will need loosening in 20 minutes. To make sure that the Medical soldiers won't have any trouble finding him, he sticks his rifle into the ground.

Thanks to his own knowledge this soldier has at least a big chance of final recovery.

SELF TREATMENT FOR LEG WOUND



IN THE JUNGLE

Hirohito's little boy, hanging from the tree, has done his last bit of sniping. The grim soldier in the mosquito netting has seen to that.

He sees something else too; one of his own men that the Jap picked off.

If this man is dead there's nothing more he can do. But if he's anywhere near alive, his chances of coming through depend on what the other soldier knows about First Aid.

Let's find out what he does about it.

IN THE JUNGLE



FIRST AID IN THE JUNGLE

The first thing he does is to find out if that man is dead or alive. And this is one time he's glad to see a man bleeding, because when blood comes out, it's a sign that the heart is still pumping. For added proof, he puts his hand in front of the man's face to see if he can feel any breath (top left). There's not much breath, but enough to tell him this man is alive, and that if he is treated quickly, there's a chance for him.

He goes to work quickly. He gets out the wounded man's medical kit, takes out the bandage and presses it on the wound (top right). The bleeding must be stopped. The pressure he puts on the wound is slow, but steady.

He watches carefully for blood to come out because he knows it's important to check that bleeding. When the bleeding stops he sprinkles on the wound powder (bottom left). Then he ties the bandage to the man's head.

The Doughboy with the mosquito netting is a smart soldier. He turns the wounded man gently over on his stomach and rests his head on his hand so that if he vomits, it will not choke him (bottom right). Because this man is unconscious, he opens up the package of wound tablets and leaves it next to him with the canteen right at his arm. And because he knows that in the tropics, the mosquito is as much of a man-killer as any bullet, he puts on the wounded man's gloves and mosquito netting.

FIRST AID IN THE JUNGLE



A CHEST WOUND

The soldier in the foreground has just gone down with a chest wound. One minute he was OK, and a minute later, there he was, down with a bullet in his chest. You are the soldier with the rifle in the background. You run over to him. You see blood pouring out and a funny look on his face, so you ask him a very natural question: "Does it hurt?"

"It's not so bad," he gasps, "but I just can't get my breath, it feels better when I sit up."

You remember things. A chest wound is the only kind of wound where you lift or prop a man up instead of keeping his head lower than his body. Even if you couldn't see the blood coming out of his chest, you'd still know he was wounded there—his lips are blue, like the lips of a fellow who's been swimming too long, which is one sign. Not being able to get his breath is another sign. And now you've got to remember the one big rule about a chest wound—

You must close that hole in his chest—air tight. The air coming through that hole is the most dangerous part of that wound.

Let's see how you go about it.

A CHEST WOUND



FIRST AID FOR A CHEST WOUND

You take off his pack and rip open his clothing to get at the wound (top left).

You sprinkle on the wound powder to prevent infection (top right).

Place a bandage over the hole. Press it down tightly with your hand, then tie the ends of the bandage around the man's chest, and tie it as tightly as you can get it (middle left).

Notice that the wounded soldier in the picture. (middle right) has been propped up against the tree to make his breathing easier, which is something you might do for any man with a chest wound if it makes him more comfortable. You rip up a raincoat for double protection against air sucking in and out of the chest hole. Take the piece of raincoat and wrap it right over the bandage and around the chest—as tight as you can get it; and that should do the trick. The wounded man is holding his hand over the bandaged wound to help keep out the air.

If you don't have a raincoat use a field jacket, a shirt, or anything that will form a protective cover for that wound. The idea is to stop air from getting in.

Of course the wounded soldier takes the wound tablets *with plenty of water*.

In the last picture you see the same old story of shock —because that goes for any kind of wound. You make the man warm and comfortable, and you place his canteen where he can reach it. Then you continue on your mission.

FIRST AID FOR A CHEST WOUND



A HIT IN THE ARM

This soldier has spent many hours in a barn sniping at Germans. Then *he* gets hit. They got him in the arm. He knows that if someone could pick him off where he was shooting, he must still be a good target.

So he drops like a flash behind cover. And it's that fast thinking that saves his life. A second later—he hears the zing of a bullet as it goes through the spot he just left. That's one of the rewards for not getting panicky, and remembering the best thing to do.

A HIT IN THE ARM



FIRST AID FOR AN ARM WOUND

When he moves his arm the pain is terrific. But this soldier remembers the first thing to do for any wound is to stop it from bleeding. He gets the bandage from his First Aid kit (top left). He presses on the wound with the bandage but the blood still comes out (top right). He's just about figuring that he'll have to use a tourniquet when he notices that the bleeding is slowing up. The blood is drying and a clot is forming. He can feel the bandage sticking to the wound.

The question is now—Should he lift the bandage and throw in his wound powder? Or should he just leave it alone?

He should leave it alone. If you have trouble stopping the flow of blood you don't take the bandage off. You leave it just where it is. If you lift it to sprinkle in the wound powder, it might start the bleeding all over again. The most important thing is to stop the bleeding.

And that's what this soldier does. He leaves the bandage just where it is. Now he's got to tie it. This is really a stunt to do with one hand (middle left). But he has a good set of teeth and between that and the good hand, he works it.

The wounded soldier's lessons come back to him as he needs them. He's got to make a sling to hold that broken arm. The easiest and handiest thing is his shirt. He unbuttons it at the bottom and buttons that part to a top button, and in a second he's got a good sling (middle right).

He begins to feel thirsty. He reaches with his good arm for the canteen and then stops . . . what was that wound that they told him he couldn't drink any water with? That was the belly wound. This is an arm wound. He can drink all the water he wants. He also takes his wound tablets (bottom left).

He has lost plenty of blood and he starts to feel a little groggy. He might as well relax. No use trying to get out of here because he'll be picked off by a sniper. So, he leans back and gets as comfortable as he can (bottom right). His memory still holds out. He remembers what he was taught about shock. But there's one thing he's got to do first. He puts his rifle in a handy spot where he can reach it if he has to. He covers himself and keeps quiet till help arrives.

FIRST AID FOR AN ARM WOUND



A SLIGHT WOUND

The great football trainer, Mike Murphy, once said, "A team that won't be beaten, can't be beaten." And that's the way men are fighting this war. The fellow in this picture is a good example.

He barely had his two feet on the beach, when something ripped his sleeve and tore through the flesh in his arm. It didn't knock him out—and it didn't break the bone. All he felt was a sharp sting, then the hot blood running down his arm—a grazing wound. What should he do?

He's still a good man. There's plenty of fight left in him and he doesn't want to quit. But he's bleeding and if he keeps going with that blood coming out of him, sooner or later his legs will get wobbly, he'll lose that drive, and the next thing he knows, he'll be flat on his face.

Let's see how he gets himself back in action.

A SLIGHT WOUND



HANDLING A SLIGHT WOUND

He drops behind a natural embankment and rips his sleeve wide open so he can get to the wound (top left).

He gets out his First Aid packet, pulls out the bandage, and puts the right side on the wound. He presses on it a few minutes, waiting for the blood to stop (top right). And in this kind of wound, the blood stops without too much trouble. After that, he lifts the bandage away, but takes care to keep his hands off the side that goes on the wound because the only danger he's really in is danger of infection.

With his free hand he gets out his wound powder, sprinkles plenty of it into the wound and puts the bandage back (middle left). It's not going to be easy to tie it with one hand, but the idea is to get it to stay on, not to look pretty (middle right). Once that blood has stopped running and the bandage is on, he can forget that wound and get back into the fight.

But notice that he didn't take wound pills. He didn't take them because he's going back into the fight and may need them later for a more serious wound.

It's men like this soldier that old Mike Murphy had in mind when he said—"A team that won't be beaten, can't be beaten."

HANDLING A SLIGHT WOUND



A JAW WOUND

This is a jaw wound. A shell fragment got him and cracked the jawbone right open, knocking him cold. There was no feeling, no pain, just a blinding flash. Now he's just coming out of it.

That's one of the funny things about being wounded. Half of the time you don't even know you've been hit. And if you do know it, it comes so fast and so suddenly that you can't feel anything but surprise.

But let's get back to the soldier in the picture. When he comes to sufficiently, he crawls off to be out of the way of the men who are giving it back to the enemy.

A JAW WOUND



FIRST AID FOR A JAW WOUND

As you go over the treatment shown in the six pictures bear in mind that they are the steps used in all wounds.

Stop the bleeding by applying pressure over the bandage from the First Aid packet (top left).

Protect the wound when the bleeding has slowed down, by sprinkling with wound powder (top right).

The bandage is tied in position much as you would fasten it for a toothache. This supports the broken jaw as well as holding the bandage in place (middle left).

Wound pills and water go with all jaw wounds. But if the jaw is broken it's a tough job to swallow them (middle right). This wounded soldier will have to take it slowly and use lots of water to wash them down. If the jaw is bleeding from the inside he may not be able to take the pills.

Guard against shock by keeping warm and quiet. If weak, lie forward and face down to avoid choking on blood which may keep on flowing (bottom left).

Before long Medical soldiers will help this soldier to the rear for expert attention (bottom right).

FIRST AID FOR A JAW WOUND



A BROKEN BACK

Here is an important injury that can happen to anyone away from a battlefield as well as on one. It's a broken back.

In this instance a pair of dispatch riders were hitting the road in a motorcycle. An enemy plane dropped a bomb that blew them right off the road. One got off easy, and the other got hurt badly. And it's a quick guess from the way he looks draped over that rock that it's a broken back. We can't prove his back is broken, only an X-ray can do that. But to be on the safe side it is best to treat it as a broken back.

If the back is not broken, you haven't hurt him by doing these things. If it is broken you have probably saved his life. Here there are three signs that make it pretty sure that the back is broken. One is the position in which he has landed. The second is the pain in the back. The third is the fact that he can't move his legs.

Now we'll see what can be done about it.

A BROKEN BACK



FIRST AID FOR A BROKEN BACK

First let's get some idea of what has happened to this soldier's back. In the top left picture we see two diagrams. The lower one shows a crack in the backbone which may resemble the injury of the soldier thrown from the motorcycle.

The white part is the backbone and just below it is the nerve cord that goes to the feet and legs and other parts of the body. If the break causes the backbone to press on the nerve cord, paralysis results and the wounded man can't move his legs.

The upper diagram of this picture shows something very important. If the man is bent forward or twisted there is great danger of having the broken ends of the backbone move and cut into the nerve cord. So if at all possible don't move the man.

Nevertheless, if a man with a broken back is lying in the middle of the road, he must be moved. Follow these precautions : try to get a couple of men to help you ; make every movement gently ; try to keep him in the exact position in which he has fallen ; put him down gently and support his back by placing a blanket roll or pack under the small of his back (top right).

Once you have him where he is comfortable and safe from traffic mark the spot with his helmet or rifle (bottom left). Having done that, go on with your mission.

If you should meet an ambulance, tell the driver where the man is and how his location is marked (bottom right). You've done the best that could be done for him.

A broken back is a serious injury, but with proper handling and care many get well.

FIRST AID FOR A BROKEN BACK



BROKEN LEG IN THE SNOW

This soldier was on a ski patrol and got picked off by a rifle bullet. He's lying on 12 feet of snow and the temperature is 10 below zero. The big danger is not the broken leg, but the danger of freezing to death.

But this soldier's luck is with him because the rest of the patrol has spotted him, and they know what to do.

Watch this patrol go to work on him.

BROKEN LEG IN THE SNOW



FIRST AID TO A BROKEN LEG IN THE SNOW

The first job is to stop the bleeding, so a tourniquet is applied at once. Notice where it goes: high up on the leg, right below the crotch, and over his clothing (top left).

You will remember that in normal weather a tourniquet must be loosened every 20 minutes.

In cold country, it has to be loosened much more often than that. A tourniquet must be loosened every 10 minutes in weather like this. Remember: in sub-zero weather a tourniquet must be loosened every 10 minutes, or more often.

When the bleeding stops, wound powder is sprinkled into the wound and wound tablets given (top right, middle left).

The next step is to tie the wounded man's legs together (middle right).

Since the most important thing in this weather is to keep a man warm, they're going to get him right into a sleeping bag. Then they'll move him to a place where he'll be protected from the wind. One of the men has started a fire in a GI stove (bottom left).

The soldier now feels much better, but the patrol leader gives him a last warning before leaving on his mission: *loosen the tourniquet every 10 minutes.*

The last picture winds up our story of the soldier with the broken leg. The patrol has completed their mission and now prepare to bring him in on a ski sled. But first they check the tourniquet. If the bleeding has stopped they leave it loose.

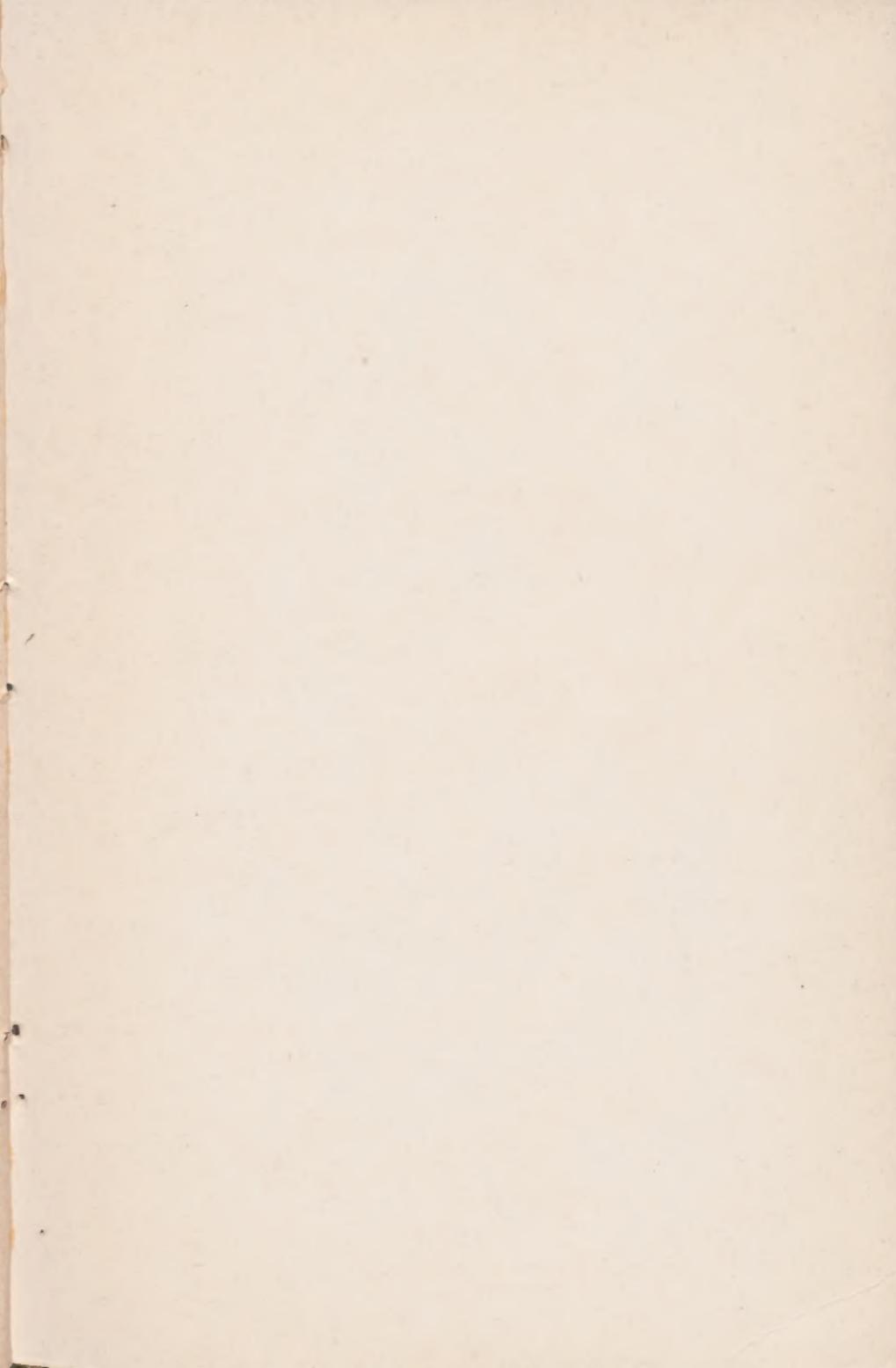
FIRST AID TO A BROKEN LEG IN THE SNOW



★ NOTES ★

★ NOTES ★

★ NOTES ★



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